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A Study on Impact of Social Media on Mental Health among Teenagers

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ABSTRACT: Researchers are still examining the relationships between social media usage and social connection and mental health as it grows increasingly common among teens and late adolescents alike. The majority of research in this field uses a self-report, correlational methodology. It is challenging to determine if social media use causes changes in users' well-being or whether social media users already differ on certain factors prior to their use since correlational, self-report research fails to evaluate cause-and-effect linkages. This report analyzes prior research, outlines its shortcomings, and suggests further studies to determine if social media usage and mental health are causally related. The proposal calls for experimental study on teenagers' usage of social media to fill in gaps in the literature.

I. INTRODUCTION

The favored communication channel for young people has quickly changed to social media platforms. Teenagers today are immersed by digital and social media, whether at home or at school. Social media refers to the amalgamation of digital media, encompassing electronic texts, graphics, moving pictures, and sound, inside an organized computerized environment that facilitates interpersonal communication. It is the collection of web-based platforms for community-based participation, exchange of material, and cooperation. A wide range of tech-enabled activities can be classified as social media, including reviewing, blogging, social gaming, photo sharing, social networks, and video sharing.

Social Media

Social media encompasses a variety of online platforms that enable users to create content, share experiences, and interact with each other. While traditionally media provided only one-way communication, social media features interactive, user-generated content, blurring the lines between media producers and consumers

social media and teenage

Today's teen culture is heavily influenced by social media. Ninety percent of teenagers between the ages of 13 and 17 have reportedly utilized social media. Of those who report using social media, 75% say they have at least one active account, and 51% say they visit a site at least once a day. The majority of teenagers—two thirds—own mobile devices that can be connected to the internet. Teens spend over nine hours a day online on average, not including homework time.

Types of social media

Websites and applications that focus on social interaction take the following forms:

- Social networking
- Microblogging
- Media sharing
- Community blogging
- Bookmarking sites
- Social news
- Social reviews

STATEMENT OF THE PROBLEM

Teenagers use social media extensively, which raises questions about how it can affect their mental health. Social media has several advantages, such as improved connectivity and information exchange, but it also has drawbacks, such a higher risk of cyberbullying, unattainable beauty standards, and constant social comparison. In order to prevent possible harm and promote positive mental health in this vulnerable demographic, it is essential to comprehend the complex impacts of social media on the mental health of teens and to design tailored treatments and support networks.

OBJECTIVES OF THE STUDY

- The positive effects of digital content consumption and mental health on your firm.
- The digital content Consumption is a potentially useful tool used to engage and access unreachable populations

II. RESEARCH METHODOLOGY

Many approaches are employed in the process of gathering data and information for corporate decision-making. These might contain material from both the past and the current, as well as interviews, surveys, and publishing research.

RESEARCH DESIGN

A research design is the setup of parameters for data collection and analysis with the goal of balancing procedure economy with relevance to the research goal." Descriptive research design was chosen for the investigations. To understand consumer behavior, the researcher must explain the current circumstances. Descriptive research studies are so employed. The only things that descriptive research may report are the past and present.

SIZE OF THE SAMPLE

- Selecting how many observations or repetitions to include in a statistical sample is known as sample size determination. Any empirical study where drawing conclusions about the population from a sample is the aim must consider the sample size.
- The study based only on the employee engage Total number of sample taken for the study is 110 respondents.

TOOLS USED

The Tools used in the Study,

1. Chi-square Analysis
2. Anova

III. REVIEW OF LITERATURE

(Görzig & Frumkin, 2018) Bullying takes on several forms in the context of information, communication, and technology. It may be disseminated via chat, e-mail, SMS (texting), offensive and humiliating images or videos, rumors, and threatening or disparaging remarks on social networking sites. Mobile phone-based cyberbullying is becoming more common. Arguments such as "meanness and cruelty" in society finding a digital home include online impersonation, personal assaults, public humiliation, and public shaming.

(Erikson 2018) the process of developing one's social and personal identity, which is currently heavily dependent on social media. Teens are more susceptible to mental health issues because they are less able to control their behavior and are more susceptible to peer pressure. As a result, they are more likely to experience negative consequences from social media use. Even Nevertheless, research on how social media affects teenagers' mental development is still in its infancy. Most studies conducted thus far have focused on college or university students and young adults in later adolescence.

Purssell, E. (2021) To put it briefly, digital tools give young people effective, but possibly harmful, means of responding and communicating. One aspect of the development of adolescence is peer interaction. Peer experiences are important for adolescents, both in the social media and cultural contexts. Peer interactions can happen more frequently, instantly, and intensely in a social media setting. There is a clear correlation between experiencing peer bullying or troll behavior online and increased rates of self-harm and suicide thoughts. As a result, social media has emerged as a vital platform for young people to express themselves, including depressive and suicidal thoughts.

Altman, D. G. (2022) The misplaced behavior hypothesis may help to shed light on the possible relationship between social media use and mental health. According to the psychology theory known as the "displaced behavior hypothesis," people lack self-control and may act in ways that satisfy them immediately but are not consistent with their long-term goals when faced with difficult or stressful circumstances. Furthermore, when individuals are unable to manage their stress in a healthy way, they may act out in ways that improve their mood momentarily but compromise their long-term objectives and general wellbeing.

Zaslavsky, A. M. (2023) A condition of mental health is characterized by people who are able to see their own potential, efficiently deal with day-to-day difficulties, function well at work, and significantly improve the lives of others. The advantages and disadvantages of social media for mental health are now being discussed. Using social media to protect our mental health is crucial. The amount and quality of social connections have an impact on mental health, health behavior, physical health, and mortality risk.

Table 1 CHI-SQUARE TEST

NULL HYPOTHESIS

H₀: There is no significance relationship between educational qualification of the respondents and awareness and fight against teenagers with mental health issues.

ALTERNATIVE HYPOTHESIS

H₁: There is a significance relationship between educational qualification of the respondents and awareness and fight against teenagers with mental health issues

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
EDUCATIONAL QUALIFICATION OF THE RESPONDENTS * AWARENESS AND FIGHT AGAINST TEENAGERS WITH MENTAL HEALTH ISSUES	110	100.0%	0	.0%	110	100.0%

EDUCATIONAL QUALIFICATION OF THE RESPONDENTS * AWARENESS AND FIGHT AGAINST TEENAGERS WITH MENTAL HEALTH ISSUES

Cross tabulation

Count	AWARENESS AND FIGHT AGAINST TEENAGERS WITH MENTAL HEALTH ISSUES					Total
	Highly satisfied	Satisfied	Neutral	Dissatisfied	Highly dissatisfied	
EDUCATIONAL QUALIFICATION OF THE RESPONDENTS						
SSLC/HSC	26	17	0	0	0	43
Diploma	0	25	8	0	0	33
Graduation	0	0	17	0	0	17
Post Graduation	0	0	7	3	0	10
Others	0	0	0	3	4	7

EDUCATIONAL QUALIFICATION OF THE RESPONDENTS * AWARENESS AND FIGHT AGAINST TEENAGERS WITH MENTAL HEALTH ISSUES

Cross tabulation

Count	AWARENESS AND FIGHT AGAINST TEENAGERS WITH MENTAL HEALTH ISSUES					Total	
	Highly satisfied	Satisfied	Neutral	Dissatisfied	Highly dissatisfied		
EDUCATIONAL QUALIFICATION OF THE RESPONDENTS	SSLC/HSC	26	17	0	0	0	43
	Diploma	0	25	8	0	0	33
	Graduation	0	0	17	0	0	17
	Post Graduation	0	0	7	3	0	10
	Others	0	0	0	3	4	7
Total		26	42	32	6	4	110

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	2.086E2 ^a	16	.000
Likelihood Ratio	180.276	16	.000
Linear-by-Linear Association	87.192	1	.000
N of Valid Cases	110		

a. 18 cells (72.0%) have expected count less than 5. The minimum expected count is .25

Symmetric Measures

	Value	Asymp. Error ^a	Std. Approx. T ^b	Approx. Sig.
Ordinal by Ordinal Gamma	1.000	.000	22.051	.000
Measure of Agreement Kappa	.571	.058	10.773	.000
N of Valid Cases	110			

a. Not assuming the null hypothesis.

b. Using the asymptotic standard error assuming the null hypothesis.

INTERPRETATION

From the output through the Chi-square text, it is obtained that the asymptotic significance is 0.000 which is less than 0.05 (i.e., $0.00 < 0.05$) describes that there is no relationship between the educational qualification of the respondents and awareness and fight against teenagers with mental health issues. The value is obtained is less than 0.05 interpreted that null hypothesis (H_0) is accepted.

Table 2 ANOVA

NULL HYPOTHESIS

H_0 : There is no significance relationship between age of the respondents and new technologies promote teens' mental health and well-being.

ALTERNATIVE HYPOTHESIS

H_1 : There is a significance relationship between age of the respondents and new technologies promote teens' mental health and well-being.

Descriptives

AGE OF THE RESPONDENTS	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum	Between-Component Variance
					Lower Bound	Upper Bound			
Strongly agree	41	1.05	.218	.034	.98	1.12	1	2	
Agree	39	2.08	.270	.043	1.99	2.16	2	3	
Neutral	18	3.17	.383	.090	2.98	3.36	3	4	
Disagree	7	4.14	.378	.143	3.79	4.49	4	5	
Strongly Disagree	5	5.00	.000	.000	5.00	5.00	5	5	
Total	110	2.14	1.153	.110	1.92	2.35	1	5	
Model			.277	.026	2.08	2.19			
Random Effects				.726	.12	4.15			1.768

Test of Homogeneity of Variances

AGE OF THE RESPONDENTS

Levene Statistic	df1	df2	Sig.
3.122	4	105	.018

ANOVA

AGE OF THE RESPONDENTS	Sum of Squares	df	Mean Square	F	Sig.
Between Groups (Combined)	136.926	4	34.231	447.675	.000
Linear Term	93.211	1	93.211	1.219E3	.000
Unweighted Weighted	136.739	1	136.739	1.788E3	.000
Deviation	.187	3	.062	.815	.488
Within Groups	8.029	105	.076		

ANOVA

AGE OF THE RESPONDENTS	Sum of Squares	df	Mean Square	F	Sig.
Between Groups (Combined)	136.926	4	34.231	447.675	.000
Linear Unweighted Term	93.211	1	93.211	1.219E3	.000
Weighted Deviation	136.739	1	136.739	1.788E3	.000
Deviation	.187	3	.062	.815	.488
Within Groups	8.029	105	.076		
Total	144.955	109			

HOMOGENEOUS

AGE OF THE RESPONDENTS

NEW TECHNOLOGIES PROMOTE TEENS' MENTAL HEALTH AND WELL-BEING	N	Subset for alpha = 0.05				
		1	2	3	4	5
Student-Newman-Keuls ^a Strongly agree	41	1.05				
Agree	39		2.08			
Neutral	18			3.17		
Disagree	7				4.14	
Strongly Disagree	5					5.00
Sig.		1.000	1.000	1.000	1.000	1.000

Means for groups in homogeneous subsets are displayed

a. Uses Harmonic Mean Sample Size = 11.150

INTERPRETATION

From the above analysis, we find that calculated value of the F-value is a positive 447.675 value, so H1 accept. Since the P value 0.000 is less than < 0.05 regarding there is a significant relationship between age of the respondents and new technologies promote teens' mental health and well-being. The results are significant at 4% level

IV. CONCLUSION

The need to analyze the effects of social media use is growing as it becomes more ubiquitous, especially in the lives of teenagers. Even though it can be difficult to identify links between social media use and psychological consequences, the research will be valuable since it will help us learn how to improve the good aspects of using social media. The aim is to avoid detrimental psychological consequences and promote general well-being by fostering a more positive and constructive social media experience. This road toward a more satisfying social media experience will probably get quicker with additional experimental study projects.

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